

**DR. DHAIMODKER – GGVTC – FIRST AID TRAINING ACADEMY****DGMS RECOMMENDED FIRST AID SYLLABUS & EXAMINATION****VENUE : GOA GROUP VOCATIONAL TRAINING CENTRE , HAVELI, CURTI . PONDA GOA****DATES : TUESDAY 11<sup>th</sup> November 2025 to SATURDAY 15<sup>TH</sup> NOVEMBER 2025**

DAY	DATE : TUESDAY , 11 <sup>th</sup> November 2025	
TIME	TOPIC	LECTURER
	<b>SESSION - I</b>	
9.00 AM	First Aid Basic principles	
	Definition of First Aid & First Aider	
	Brief of First Aid & Aims of First Aid	
	Responsibilities of First Aider	
	Golden Rules of First Aid	
	Protecting yourself & Victim against contamination	
10.30 AM	TEA BREAK	
10.45 AM	Emergency Scene Management Patient Assessment : The Primary Survey ; The Physical Examination; History Taking ; Head –To -Toe examination; Vital signs. Practical – Patient Assessment	
1.00 PM	LUNCH	
	<b>SESSION - II</b>	
TIME	TOPIC	LECTURER
2.00 PM	Dressings and Bandages : Functions of Bandages ; Types of bandages and dressings; General rules for using bandages and dressings.	
3.30 PM	TEA BREAK	
	Introduction to basic anatomy: Musculoskeletal system ; Central nervous system	
UP TO 5.00 PM	Practical – Different knots, triangular bandage and its application to different part of body and Arm sling and its application.	
DAY	DATE: WEDNESDAY 12 <sup>th</sup> November 2025	
TIME	TOPIC	LECTURER
	<b>SESSION - III</b>	
9.00 AM	Fracture: Identifying fracture (sign and symptom); Type of fracture ; Immobilization of fracture	
10.30 AM	TEA BREAK	
10.45 AM	Practical – Immobilization of fracture: Depressed fracture of skull, lower jaw, Ribs, Breastbone , collar – bone , shoulder – blade ,Arm , forearm , Hand.	
1.00 PM	LUNCH	

TIME	TOPIC	LECTURER
<b>SESSION – IV</b>		
2.00 PM	Management of Medical shock : Type of Shock ; Identifying shock (sign and symptom); Treating shock (first aid) Dislocations, sprains , strains- signs, symptoms and treatment.	
3.30 PM	TEA BREAK	
UP TO 5.00 PM	Practical- Immobilization of Fracture : Pelvis , Thigh, Knee-cap, Leg and Foot.	
<b>DAY</b>		
<b>DATE : THURSDAY 13<sup>th</sup> November 2025</b>		
TIME	TOPIC	LECTURER
<b>SESSION - V</b>		
9.00 AM	Wounds-types & Management Bleeding: Types of Bleeding ;Methods to control external bleeding; specific Types of Bleeding. Snake & Scorpion Bite .	
10.30 AM	TEA BREAK	
10.45 AM	Practical-Control of external bleeding ; Nosebleed – control . Blood & Lymphatic system , Blood Group & Blood Transfusions ,	
1.00 PM	LUNCH	
TIME	TOPIC	LECTURER
<b>SESSION - VI</b>		
2.00 PM	Introduction to cardiovascular system Coronary Heart Disease and Risk Factors Heart attack and Angina , Cardiopulmonary Resuscitation (CPR)	
3.30 PM	TEA BREAK	
UP TO 5.00PM	Practical – Practice of CPR on manikin	
<b>DAY</b>		
<b>DATE : FRIDAY 14<sup>th</sup> November 2025</b>		
TIME	TOPIC	LECTURER
<b>SESSION - VII</b>		
9.00 AM	Introduction to Respiratory system Causes of Airway obstruction; Methods of removing an airway obstruction Asphyxia, hypoxia, Chocking Carbon monoxide poisoning Foreign bodies in Eye, Ear and Nose	
10.30 AM	TEA BREAK	
UP TO 1.00 PM	Practical: Airway Obstruction – Conscious (Heimlich Manoeuvre); Airway Obstruction – Unconscious Victim; Care of Unconscious victim (Recovery position)	

<b>LUNCH</b>		
TIME	TOPIC	LECTURER
	<b>SESSION - VIII</b>	
2.00 AM	Head & Spinal Injury – Management of Spinal Injury: Identifying Spinal Injuries ; Care of the injured victim ;Immobilisation and transportation	
3.30 AM	TEA BREAK	
UP TO 5.00 PM	Practical – Stabilisation of neck in spinal injury Stretcher loading – unloading of person having spinal injury.	
DAY	<b>DATE : SATURDAY 15<sup>th</sup> November 2025</b>	
TIME	TOPIC	LECTURER
	<b>SESSION – IX</b>	
9.00 AM	Ambulance & Equipment ; Burn , Electrocutation; Effect of Heat and cold and Management; Transport of the injured person.	
10.30 AM	TEA BREAK	
UP TO 11.30 AM	Practical - Transport of the injured person: Loading & unloading on the stretcher loading & unloading in the Ambulance.	
12.00 PM		
	Drowning ; Diabetes; poisoning ; Bites and Stings ; convulsion & epilepsy; first –aid legislation in mines; Group Discussion	
1.15 PM	<b>LUNCH</b>	
2.15 PM ONWARDS	<b>EXAMINATION</b>	EXAMINERS
	Examination – total 200 marks; Practical – Full marks 160 , pass Marks 80; Practical – 4 components ; 1.CPR , 2.Control of bleeding 3.Fracture management 4.Transportation; Each Practical component carries 40 marks; Oral – Full Marks 40, Pass marks -20 ; Oral – 10 Questions shall be asked , each question carries 4 marks ; Candidates shall pass in practical and oral examination separately.	

- Lectures are likely to be reshuffled
- All Candidates will have to follow Universal precautions
- Candidates should read First Aid Guide to get oriented with the program